



Well Child Visit 2 Months

General Pediatrics Department
U.S. Naval Hospital, Okinawa

Date: _____ Weight: _____ Length: _____

Feedings

1. The simple diet of breast milk or iron-fortified formula with iron is all your baby needs until 4-6 months of age. Solid foods, juices, cow's milk given too early can lead to allergies, anemia, and poor nutrition.
2. The amount of breast milk or formula intake varies, usually between 28-32 oz/day. Breastfed babies are getting enough milk if they are gaining weight and wetting 6 or more diapers per day.
3. Babies should not be laid flat on their backs while feeding and bottles should always be held by a caregiver and not propped up. These can lead to choking and an increased chance of ear infections.
4. Avoid giving your baby a bottle in the crib at night.

Sleep

1. Place your baby on his/her back or side to sleep.
2. Place your baby in the crib when drowsy, before he/she is completely asleep.
3. Sleep patterns are highly variable, only about ½ of baby's sleep through the night at this age. Encourage wakefulness during the day. Keep nighttime feeds quiet and put your baby promptly back to bed after the feed. If possible, have your baby sleep in a crib in a room separate from yours. Most babies will sleep through the night by 6 months of age.

Safety

1. **Crying and shaking:** NEVER shake your baby. Shaking can badly damage your baby's brain. Put your baby in a safe place, like the crib or playpen and give yourself a "time-out."
2. **Falls and injuries:** Your baby is learning to roll. Never leave your baby unattended on the changing table, bed, or other high place, even for a second. Always keep crib rails up when your baby is in the crib. Keep the crib away from windows and curtain cords. Avoid hanging toys or pacifiers with elastic, string, or ribbon because they can strangle your baby.
3. **Choking:** Be aware of the good, yet potentially unsafe, intentions of older children who may give your baby inappropriate toys or food. Good toys include soft, washable toys larger than a toilet paper roll and without removal parts or sharp edges.
4. **Burns:** Always check your baby's bath water temperature with your hand before placing your baby in it. Your water heater should not heat water above 120°F (49°C). Use your smoke alarm and check it monthly.
5. **Car accidents:** Your baby should always ride in a properly-installed, car seat, even on short trips. The car seat should face the rear until your baby is 20 pounds and 1 year old. The safest place for an infant car seat is in the center of the back seat. Never place the car seat in the front seat. Never leave your child alone in the car.
6. **Smoke:** Second-hand smoke causes a greater risk for ear infections, chronic stuffy noses, and respiratory infections. Second-hand smoke lingers, on clothes and everywhere a person has smoked (in the house/car). Never smoke while holding your baby. For your baby's health, if you smoke, consider quitting.

Parent tips:

1. **Play:** Your baby can see up to 3-4 feet. Look your baby in the eyes during feeding or when talking to him/her. Let your baby listen to the radio.
2. **Colic** (crying/fussing not associated with any medical disorder) is common at this age. Colic spells usually occur in the evening and is a normal behavior. Try wrapping your baby snugly in a blanket, rocking your baby rhythmically, placing your baby next to white noise from a TV or radio, or taking your baby for a walk or car ride.
3. Most babies at this age begin to have firmer, less frequent stools.

4. Remember to take time for yourself. Arrange to get out without your baby without feeling guilty about it, leaving your baby with a trusted, competent sitter. Allow yourself to vent about natural frustrations.

Over the next few weeks, you can expect your baby to:

- Smile in response to people
- Coo and begin making vowel sounds (ah,eh)
- Turn to familiar voices
- Focus his/her eyes and follow objects
- “Find” his/her hands and make purposeful arm movements, start to grasp objects briefly

Immunizations

1. Your baby will receive the following immunizations today: DTap (diphtheria,tetanus,pertussis), IPV (polio), Comvax (Hib and hepatitisB), and Prevnar (pneumococcal).
2. Some infants have no reactions at all, others may be fussy for the next 24-48 hours, develop redness or tenderness at the injection site, or run a fever.
3. You may give Tylenol drops for fever or fussiness (usual dose of infant tylenol is 40mg or ½ dropper, but based on your baby’s weight) up to every 4 hours as needed. Babies may have fever for up to 48 hours because of immunizations, but if the temperature is >102°F or your baby does not look well, he/she should still be evaluated.
4. For swelling at the shot site, a warm, wet cloth applied frequently over the area may help.

Call your provider if your child

- Does not look well, is unusually sleepy or inconsolable.
- Has a fever. Under 3 months, for all rectal temperatures>100.4°F or 38°C. Over 3 months, for temperatures>101-102°F.
- Refuses to eat.
- Vomits persistently or excessively.
- Falls, hitting/his her head and passes out, vomits, or behaves unusually
- If you have any questions

Important phone numbers

1. USNH Pediatric Department 643-7304/7308. Hours: Mon,Tue,Wed,Fri 0730-1900. Thu 0730-1200. Closed Thurs Afternoons for Staff Education and Training. Sat/Holidays 0800-1200.
2. USNH Emergency Room and Poison Control Center 643-7700.
3. Smoking cessation: 643-7809
4. Health Care Information Line (HCIL) 99-00531-11-4621

Next Visit

Bring your baby in at 4months of age for an exam and the same vaccinations. Always bring your yellow shot card to the clinic. Schedule your appointment 3-6 weeks in advance. Arrive 15 minutes before your appointment for check-in.